

NANJEMOY SENIOR/COMMUNITY CENTER

4375 Port Tobacco Rd • Nanjemoy, MD 20662 • 301-246-9612

Get your Latest *SCOOP* online!

Program Highlights

Internet Safety

This presentation will provide information on how to protect your personal information online. Tips for staying safe while in cyberspace, browsing, recognizing possible online scams, and when it's safe to or not to share your personal information online. Presentation provided by Senior Planet. Notary Services are also available for \$8.00, additional fees may apply.

Monday, Jul. 22, 10:30 a.m. Fee: FREE

Let's Take a Trip

This month let's learn about France including historical, geographical, and other interesting facts. We will also sample some French cuisine! Prior signup is required.

Tuesday, Jul. 23, 1 p.m. Fee: FREE

Smart Phones at A Glance

Do you ever wonder how to text, set up your contacts, and print pictures from your smart phone? Senior Planet is here to answer your questions and assist with operating your smart phone. Notary Services are also available for \$8.00, additional fees may apply.

Monday, Jul. 29, 10:30 a.m. Fee: FREE

Ongoing Programs

Artistic Aesthetics

Weekly project to express your creativity. Fee due at registration. Prior signup is required. Limited space available.

Mondays, 1 p.m.,

Casual Crafting, Jul. 1 Fee: FREE

Yarn Wine Bottles, Jul. 8 Fee: FREE

Floral Centerpiece, Jul. 15 Fee: \$5

Moth Wreath, Jul. 22 Fee: \$5

Make Up Storage Box, Jul. 29 Fee: FREE

I&A Services

Meet privately with Aging & Disability Resource Specialist, Julie Hammonds, for additional assistance, by making an appointment. Presentation of the ABC's of Aging and Human Services Outreach, Covering the Spectrum of Life 12 p.m. See Staff or call 301-934-6737 for an appointment.

Thursday, Jul. 18, 9:30 a.m. Fee: FREE

Health & Fitness Programs

Fitness Orientation

Schedule your appointment to learn how to use our fitness equipment and access our fitness room.

Thursday, Jul. 11, 1 p.m. Fee: \$5

Pickle Ball Lesson

Come learn the basics of pickleball.

Tuesday, Jul. 30, 10 a.m. Fee: FREE

Arthritis Foundation Exercise Program (AFEP)

Evidence-based exercise program. Gentle stretching with cardio and strength training exercises. Designed to get a full body workout with consideration given to those with mobility impairments. Video may be used as needed.

Mondays & Wednesdays, 10 a.m. Fee: FREE

Flex & Stretch

Body movement, balance, stretching and mobility.

Tuesdays, 10 a.m. Fee: FREE

Core Fitness

Core work, muscle work, and flexibility.

Tuesdays, 11:15 a.m. Fee: Fitness Pass

Tai Chi

Yang Style Tai Chi 24 form. This style uses upright movements and covers 20 different postures.

Thursdays, 10 a.m. Fee: Fitness Pass

Total Body Conditioning

Whole-body workout, standing and sitting, using free weights.

Thursdays, 11 a.m. Fee: FREE

Community Programs

Age restrictions for drop-in use of Community Rooms are 13-17 with adults 18+ independent use. Like us on Facebook!!

WIC Services

Fridays, Jul. 5 & 19, 9 a.m.-4 p.m. Fee: FREE

Mobile Library

Borrow books, movies, tech every three weeks.

Tuesdays, Jul. 16, 10:30 a.m. Fee: FREE

Mobile Food Market

Maryland Food Bank giving away free fresh and shelf-stable food distribution. Open to the public

Wednesday, Jul. 24, 12 p.m. Fee: FREE

Southern Maryland Food Bank

The Southern Maryland Food Bank will be giving away free hot meals, first come, first served with a family limit of 7 meals. Meals will be served out of a food truck in the front parking lot. The center will not be indoor accessible after hours.

Wednesday, Jul. 25, 5 p.m. Fee: FREE

New Hope Food Distribution

Shelf-stable pantry items provided.

Thursday, Jul. 26, 11:30 a.m. Fee: FREE

While supplies last.

Billiard/Game Room

Monday-Friday, 8:30 a.m.-4:30 p.m. Fee: FREE

Computer Lab

Print, copy, fax services available.

Monday-Friday, 8:30 a.m.-4:30 p.m. Fee: 10¢ per side.

Fitness Room

Open to those who have already completed the Fitness Room Orientation.

Monday-Friday, 8:30 a.m.-4:30 p.m. Fee: FREE

Narcotics Anonymous

Tuesdays, 3-4 p.m.

Shop the Rack – Community Closet

New and gently use clothing items for free.

Tuesdays, 1-4:30 p.m. & Fridays, 8:30 a.m.-4:30 p.m. Fee: FREE

Recreation Programs

Register for Recreation Programming online at: Charles County Recreation, Parks & Tourism: Summer Adventure Weeks (myrec.com)

MAD Scientist

(Summer Adventure Week)

Ages 6-12

Monday-Thursday, July 15-18, 9 a.m.-12 p.m.

Fee: \$85 for all four days

NICKEL BINGO

Join us for bingo every week!

Thursdays, 12:45 p.m. • Fee: 5¢ per card.



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Senior Center Hours: 9 a.m.–3 p.m., Mon–Friday

Luncheon at Noon—Reservation/Registration Required

Reserve lunch by 10 a.m. the preceding day.

Community Center Hours:

8:30 a.m.–4:30 p.m., Mon–Friday

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Billiards.....8:30 Computer Lab.....8:30 Fitness Room.....8:30 Senior Tech Appts.....8:30 Lunch12:00 Dominos.....1:00 Games/Puzzles.....1:00 Fitness AFEP10:00	Billiards.....8:30 Causal Crafting8:30 Computer Lab8:30 Fitness Room.....8:30 Senior Tech Appts.....8:30 Lunch12:00 Dominos.....1:00 Games/Puzzles1:00 Fitness Shop the Rack1:00 Narcotics Anonymous.....3:00 Fitness Flex & Stretch.....10:00 Core Fitness11:15	Billiards.....8:30 Causal Crafting8:30 Computer Lab8:30 Fitness Room.....8:30 Senior Tech Appts.....8:30 Lunch12:00 Dominos.....1:00 Games/Puzzles1:00 Fitness AFEP10:00 Walking Club11:00	Billiards.....8:30 Causal Crafting8:30 Computer Lab8:30 Fitness Room.....8:30 Senior Tech Appts.....8:30 Lunch12:00 Dominos.....1:00 Nickel Bingo.....12:45 Dominos.....1:00 Games/Puzzles1:00 Fitness Tai Chi10:00 Total Body Conditioning.....11:00	Billiards.....8:30 Causal Crafting8:30 Computer Lab8:30 Fitness Room.....8:30 Shop the Rack8:30 Senior Tech Appts.....8:30 Lunch12:00 Dominos.....1:00 Games/Puzzles1:00 Fitness Walking Club1:00
1 Senior Council Meeting10:00 Artistic Aesthetics: <i>Casual Crafting</i>1:00	2 Core Fitness11:15	3 AFEP11:00	4 Closed for  Independence Day	5 <u>Community Program</u> WIC Services9:00
8 Artistic Aesthetics: <i>Yarn Wine Bottles</i>1:00	9 Flex & Stretch.....10:00	10 Walking Club1:00	11 Fitness Orientation1:00 No Total Body Conditioning	12 Senior Tech Appts.....8:30
15 Artistic Aesthetics: <i>Floral Centerpiece</i>1:00 Recreation Program MAD SCIENTIST9:00	16 <u>Community Program</u> Mobile Library10:30 Recreation Program MAD SCIENTIST9:00	17 <u>Community Program</u> Mobile Food Market12:00 Recreation Program MAD SCIENTIST9:00	18 I&A Services9:30 ABC's of Aging and Human Services Outreach12:00 Recreation Program MAD SCIENTIST9:00	19 <u>Community Program</u> WIC Services9:00
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